



## Market Livestock Buyer “Thank You”

### Don't forget to thank your buyers.

The success of the Livestock Sale depends on the kindness of community businesses and individuals, and it's important that all our 4-H members thank them for their generosity. You can pick up your photo for your buyer's thank you at the Extension Office. Once a member delivers a “thank you” gift to their buyer, they must return the confirmation form to the Extension Office by **December 1, 2015.**

## Club Treasury Reports were Due to the Extension Office Oct. 28th ~ did your club get theirs submitted?

If your group has a 4-H checking or savings account, you **MUST** complete a club treasury report for the IRS.

All Year-end Financial Summary reports must be filled out **completely** and accurately to be in compliance with MSU Internal Audit and IRS regulations. Please verify the EIN #, and make sure required signatures (directions on form) are complete. Reports that are not complete will be returned to you. If you have questions about something on the report, please call or e-mail and ask us.

This is a very important document that must be completed, signed by your treasurer and two other individuals by two different families, then turned-in to the Extension office by **October 28th.**



## Project Interviews

Once you've completed your record books for the 2014-2015 4-H year, and your leader has signed-off on your work, you are eligible and encouraged to take part in *Project Interviews*. Interviews are given by 4-H volunteer leaders who are excited to hear about your projects highlights and accomplishments.

Pick-up the one-page *Project Interview* application in the office or print it off the website at [www.flathead.mt.gov/extension](http://www.flathead.mt.gov/extension). Applications due **Wednesday, November 4<sup>th</sup>** to the Extension Office.

Interviews will be held in the 4-H Bldg on the Fairgrounds on **Wednesday, November 12<sup>th</sup>** from 3:30-6:30pm.

## 4-H Projects



# WINTER CAMP

## SAVE THE DATE!! 2016 Winter Teen 4-H Camp

Teen Camp Dates: February 12-14, 2016  
(Friday-Sunday)  
For youth Age 13-18

Loon Lake 4-H Camp - Ferndale, MT



### FOODS FAIR PLANNING MEETING

There will be a Foods Fair planning meeting on  
**Mon, Nov 30<sup>th</sup>** in the  
**4-H building on the fairgrounds**  
**from 5:45-6:30pm**

Please send a representative from your club to  
this meeting.

**Foods Fair will take place on January 30th  
at the Kalispell Center Mall**

### **North West Montana Veterans Food Pantry**

**1349 HWY 2 East Kalispell, MT 59901**

**Phone 406-756-7304 Fax 406 756 5476 [www.veteransfoodpantry.org](http://www.veteransfoodpantry.org)**

Our Mission: "We are dedicated to providing a helping hand up to homeless, low-income and at risk veterans and their families"



The Veterans food pantry is getting ready for another year of Thanksgiving & Christmas for their 250 clients. They are looking for help writing cards to the Veterans to be placed inside a special holiday box. Therefore, the pantry is reaching out to all 4-H clubs to see if you all would like to help them. If your club would like to get involved, contact Linda Erickson at 756-7304 by Nov. 13th. Then plan to drop-off your handwritten gift cards by Nov. 20th.

# Request for Contributions of “4-H Stories From the Heart”

The National Association of Extension 4-H Agents (NAE4HA) task force is eager to have ALL STATES represented in the upcoming volume of “More 4-H Stories From The Heart”. We want stories of 1,000 words or less that are inspiring, funny, “tear jerkers”, and more. We want heartfelt stories that document 4-H’s positive impact on your life or the life of someone close to you. We prefer that stories are single spaced and written in a 12-point font with 1-inch margins. Stories written in first person are usually best.

Selected stories will be edited for “readability”, punctuation, grammar, and spelling. Authors of selected stories will be asked to review and provide written permission to use the edited version of their story. Proceeds from book sales will be used to create an endowment for the National 4-H Hall of Fame to assure this valuable recognition will continue long into the future. However, the book is not just about fundraising. We also want to document the impact 4-H has had on thousands of young people, volunteers, staff and donors. These stories “from the heart” do an excellent job of explaining why 4-H has been and continues to be the best youth development program in the world. For more information please see the 4-H Story Summary Form.

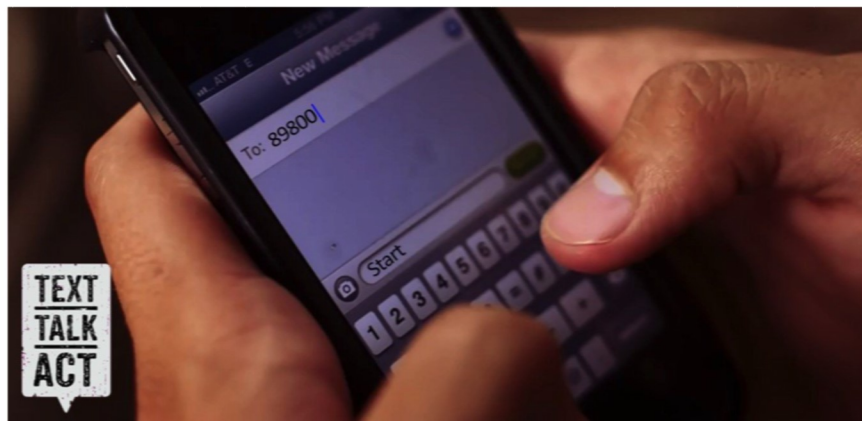
Stories will be accepted until at least the end of the year, and should be submitted as a Word document, e-mailed as an attachment to: Dan Tabler, [dantabler2@gmail.com](mailto:dantabler2@gmail.com).

## TEXT, TALK, ACT

On **Tuesday, November 10th**, 4-H is teaming up to bring **Text, Talk, Act** to all of our 4-H programs, free of charge. Here are three things you can do to help out:

1. **TRY IT** - It’s easy! Simply text “START” to 89800 and follow the prompts. Text, Talk, Act is available for you to try right now.
2. **SHARE IT** - Share this information with your 4-H club.
3. **HOST IT** - Bring Text, Talk, Act to your 4-H club on November 10th, or simply do it with friends and family. It takes less than an hour, and you can do it anytime that’s convenient for your group.

4-H’ers that host Text, Talk, Act can win \$1,000 for their program. For more information, visit <http://creatingcommunitysolutions.org/texttalkact>. With your help, we will empower 4-H’ers to raise awareness on mental health and become more comfortable reaching out to peers in need.







# 4-H Shooting Sports

*Learn by Doing*

## ALL Flathead 4-H Shooters

**ALL SHOOTERS - new & returning** ~~~ there will be a 2015-2016 shooting sports orientation meeting on **Nov. 16<sup>th</sup> at 7pm in the Country Kitchen on the fairgrounds**. All members should plan to attend in order to receive updated information regarding the new shooting year.



The first night of shooting will be on Thursday, November 19<sup>th</sup>. **No one will be allowed to shoot unless all their paperwork has been completed.**

There will be no shooting on Thanksgiving. There will be no shooting from Dec. 21-Dec. 25. Shooting will resume during the week of the 28<sup>th</sup> – 31<sup>st</sup>.

Please call Kristi Davis if you have any questions: 253-4303 ([davisgka@gmail.com](mailto:davisgka@gmail.com))



## GIFT WRAPPING AT MURDOCH'S

During the holiday season, many clubs participate in gift wrapping at Murdoch's as a fundraiser. If your club would like to take part, please call Chris Scott at 261-9454 to reserve your club's spot.



## Order your 4-H T-shirt or Sweatshirt in time for Christmas!

- T-shirt (YS – AXXL) - \$15.00
- Hoodie Sweatshirt (YM-AXXL) - \$32.00

Add a personalized saying onto the back for an additional cost of \$3-5.00.

To order contact Kim Morrison 406.314.3732 or Tia Robbin 406.250.9659. Orders placed by Nov. 30 will be delivered free before Dec. 21. Please make checks to the *Rocky Mountain Blue Ribbon 4-H Club*



# Ideas for 4-H Club Meetings

*Use these ideas creatively and expand them to make your 4-H meetings interesting and exciting.*

## **November Business**

- Study how to conduct club meetings
- Plan a Thanksgiving party
- Plan a “get-acquainted” party for new members and their parents
- Appoint holiday committee and plan community service activities
- Plan to explain to local organizations what the club is doing
- Plan a special occasion to honor parents
- Discuss making a “recreational kit” for the club
- Discuss plans for the club achievement banquet or program
- Discuss 4-H record books

## **Demonstrations or Talks**

- Safety on the internet
- Good manners pay dividends
- Proper lighting of our homes
- My most enjoyable hunting or fishing experience
- Bicycle safety program
- Wood science activities
- Art projects
- What I learned by making an exhibit for the county fair
- How to keep healthy

## **Other Education**

- Volunteer leader – Lead a group “hands-on project”
- Guest speaker (parent) – “Favorite Hobby”

## **Social-Recreational**

- New games
- Folk games
- Harvest supper
- Parents’ night
- Taffy pull
- Thanksgiving party

## **December Business**

- Discuss club programs
- Secretary reports on club accomplishments during the year
- Plan some recognition for 4-H leaders and others assisting in 4-H work
- Plan photography exhibit
- Discuss 4-H record books and scholarships

## **Demonstrations or Talks**

- Using electricity wisely
- Repairing an appliance cord
- Adopt-A-Grandparent
- Writing a 4-H story
- How to make introductions
- Making Christmas ornaments

## **Other Education**

- Speaker from Red Cross or other community group

## **Social-Recreational**

- Caroling
- Hobby show
- Box supper

## **January Business**

- Discuss plans for the club program
- Plan ways to finance club activities
- Outline how clubs can help with community projects
- Plan a Valentine party
- Discuss how to get more parents interested in club work

## **Demonstrations or Talks**

- Geology talk
- How to construct a firebreak
- How to press wool
- Gun safety
- Feeding birds in winter months
- The history of our country
- Clothing decisions

## **Other Education**

- Speaker – “Building Character”

## **Social-Recreational**

- Knot-tying contest
- Storytelling
- Games and songs
- Videotape
- Story of Martin Luther King

## **February Business**

- Discuss improving 4-H projects
- Plan a club health program
- Discuss ways of “pepping up” 4-H club work
- Plan a St. Patrick’s Day program
- Plan a club share-the-fun contest
- How to keep 4-H records

## **Demonstrations or Talks**

- First-aid kit for garden insect control
- How to select colors to fit you
- Plant foods – soil science
- Youth opportunities in Arkansas
- Fire! The enemy of the forest
- The story of our community or club

## **Other Education**

- Program given by county Extension agent or other educational specialist

## **Social-Recreational**

- Puzzles
- Pancake supper
- Popcorn popping
- Treasure hunt
- Stories of Washington and Lincoln
- Inside game tournament
- Pie supper

# Market Livestock Project

To participate in the NWMT Fair market sale, Market Livestock project members must comply with the following:



- Be **enrolled and in good standing** in an active community 4-H Club and be working closely with a livestock leader. This means that you have complied with all club and county expectations and that you have paid all registration fees.
- Submit a signed copy of the **Market Livestock Commitment** form to your club leader by the deadline listed.
- Participate in **Species Seminars** in your first year of taking the market animal. **Livestock Quality Assurance** training will also be included in those seminars. You must have LQA once as a Jr. Member & once as a Sr. Member (Jr. members = 8-12; Sr. members = 13-18). All members are welcome to attend seminars as often as they'd like; however, it is mandatory to attend in your first year selling that species.
- Ensure that your animal is **weighed & tagged** as dictated by the program. Each 4-H member **may tag up to two** animals in each market livestock project. Tagging paperwork must be completed & turned-in to the Extension office by the deadline posted. Last day to replace livestock: steers - Jan. 31; hogs - May 31; lambs - June 30. On your tagging paperwork, you will need to declare the tag number of your primary and your secondary animal if you have a back-up. Once you declare, you are committed to that/those animals: *siblings cannot swap primary or secondary livestock.*
- In July, complete & turn-in a signed copy of **Commitment to Excellence/Drug Withdrawal** forms (*this is a two-sided form*) to your club/livestock leader. You also need to have **updated records** for your market livestock project(s) and one other project for your club/livestock leader to review. **Be sure to keep records on your primary AND your back-up.**
- On or before Aug. 1, **register your fair projects with the fair office** by completing fair paperwork; either in person or online (go to [www.nwmtfair.com](http://www.nwmtfair.com) for registration info). Your leader does NOT do this for you.
- You may bring **only 1** hog or 1 sheep or 1 steer to the fair. If you have a primary & a back-up, you can choose which one you're bringing on the morning of check-in. \***See annual NWMT Fair book for all fair rules & expectations**
- All market animals will be weighed on Monday of the fair. Bring \$35 to pay for the livestock sale. No one is allowed behind the barriers during weigh-in except for the 4-H member whose animal is being weighed. If your animal does not make weight, you can stay at the fair and participate in showmanship and feeder market classes, but you cannot sell.
- If you sold in the market, photos of you and your animal will be made ready for you to take to your buyer after fair. The **buyer's thank you form** needs to also be taken and signed by anyone at the buyers location. This form must be returned to the Extension office by Dec 1.
- **Annual Awards Ceremony** will take place at the end of Aug/beg of Sept. Be sure to attend this ceremony so you can be recognized for all your hard work and support others who are being recognized. Afterwards, be sure to thank all sponsors of awards that you received.
- September is the last month of the 4-H year. During that time you should have your records and bookwork for all **4-H projects complete and submitted to your club leader.**

## Horse Project



To participate in the 4-H Horse project, members must comply with the following:

- Have an updated **Horse Card** on file: by June 1. If you've changed horses or projects, please update your horse card. Last day to make changes to your horse project is June 1.
- Have a signed **Horse Project Release** Form and a **Horse Helmet Policy & Acknowledgement** Form on file. Watch *Every Time, Every Ride Video* once every other year.
- **Assessments:** Each horsemanship manual has level assessments included in them. Review these with your certified horse leader (all horse members must have a certified horse leader that they're working with) and turn-in assessments when you're ready to move to the next level. Members will compete in the level they are working in; ex: if assessed out of level2, the member will compete in level3. Assessments due by June 1st.
- **Clinics:** Members must attend at least one 4-H horse clinic a year. Approximately 5-6 clinics will be offered every year. Dates & subjects of clinics will be announced throughout the year. Last opportunity to obtain a clinic will be June 1.



## Upcoming 4-H Meetings and Special Events



### Upcoming Activities & Other Meetings

- ◇ **Project Interviews:** *November 4th; deadline for applications. Interviews on Nov. 12th 3:30-6:30pm*
- ◇ **Foods Fair Planning Mtg:** *November 30th; 5:45pm*
- ◇ **Market Thank You deadline:** *Dec 1*

### Forums, Committees & Councils

- **Ag/Livestock Committee:** *Thursday, Dec. 3rd at 5:30pm in the 4-H Building at the fairgrounds*
- **Flathead 4-H Foundation:** *Thursday, Dec 3rd at 6:45pm in the 4-H Building at the fairgrounds.*
- **4-H Horse Committee:** *Tuesday, Jan 12th at 5:45pm in the Extension office conference room.*

### SAVE THE DATE!

Montana State 4-H  
85<sup>th</sup> Annual Congress in Bozeman

Pre Congress = Monday July 11 to  
Wednesday July 13.

MAIN Congress = Wednesday July 13  
to Saturday July 16

### Beef Tagging & Weigh-in



The 4-H beef weigh-in & tagging  
will be on Saturday, December  
6th from 10:00-12:00 at the Fair-  
grounds.

Dear Flathead 4-H members, leaders & families:

The Flathead County MSU Extension Office will be periodically **closed** during the following Nov & Dec. dates.

Nov. 11 - County Holiday

Nov. 26-27. – Thanksgiving

Dec. 24-25 & 31-Jan1 - Christmas & New Year - office closed

If you need personal attention please set up a specific appointment time with Pat or Tammy. Please leave paperwork in basket or leave in mailbox on front of building for confidential information.

Thank you,

*Patricia McGlynn*

Montana State University  
Agriculture Extension Agent  
pmcglynn@flathead.mt.gov  
Phone: 406-758-5554

*Tammy Walker*

4-H & Youth Development Agent  
MSU Extension, Flathead County  
tammy.walker1@montana.edu  
(406) 758-5552 phone







### MSU Extension Service – Flathead County

#### Patricia McGlynn

Agriculture, Natural Resource & Community  
Development Extension Agent

#### Tammy Walker

4-H & Youth Development Agent

#### Dee Dryden-Cooper

Support Staff

#### Nancy Roberts

SNAP Educator

#### Address:

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Kalispell, MT 59901

**Phone:** (406) 758-5553

**Fax:** (406) 758-5881

**Email:** [extension@flathead.mt.gov](mailto:extension@flathead.mt.gov)

**Web:** <http://flathead.mt.gov/extension>

#### State Web Sites:

[www.msuextension.org](http://www.msuextension.org)

[www.montana4h.org](http://www.montana4h.org)

## SNAP Recipe of the Month



### Thanksgiving Spinach Salad

Prep Time: 10 min. Ready in 30 min. 4 servings

#### Ingredients:

$\frac{3}{4}$  cup of sweetened dried cranberries, chopped

1 McIntosh apple-peeled, cored and diced

$\frac{1}{2}$  small red onion,  
finely chopped

2 TBSP lemon juice

2 tsp honey

1 tsp chili powder

$\frac{1}{2}$  tsp ground cinna-  
mon

1 6oz. bag of baby  
spinach, torn into  
bite-sized pieces

Optional\*\*\* Blueberries and either walnuts or toasted,  
slivered almonds would go well, too.



#### Directions:

Mix all ingredients except the spinach in a big bowl and  
let rest for 20 min. to let flavors blend. Add spinach  
then and toss to coat.

#### Nutrition Facts:

Calories 115 \*\* More if using nuts

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

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